



FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • www.town.needham.ma.us
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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IN HONOR OF THE VETERANS' FAMILY AND FRIENDS "IT'S FRIDAY, ENTERTAINMENT LIVE" THE HOME FRONT

with Richard Partridge

Friday, November 9th • 1:30 - 2:30 pm

at the Needham Senior Center

SIGN-UP IS REQUIRED FOR THIS EVENT

This program tells of how it was on the home front just before, during, and just after the years of World War II. It contains memories...some sad thoughts having to do with the separation of loved ones, but other cherished remembrances about loved ones who, luckily, made it through the terror of conflict. It reflects on important memories of anyone who lived during those trying times...such as the "blackouts", the "victory gardens", the shortages of food, gas, and more. We will remember how we dressed, how we danced and what we did for entertainment. During the program we will hear original recordings of some of the biggest "hits" of this time. Delicious homemade refreshments will follow.

A CAREGIVER'S GUIDE TO PLANNING FOR THE FUTURE

Monday, November 5th • 7:00 – 8:00 pm

Needham Free Public Library, Community Room

Learn about resources to help care for the personal health, financial, safety and legal concerns of your loved one. This program is for caregivers of any age: children, spouses, relatives and friends. This presentation is presented by Barbara Falla, MSW, LICSW, who is a Social Worker at the Needham Council on Aging and Senior Center.

55 ALIVE MATURE DRIVING COURSE WITH AARP

Monday and Tuesday,

November 26th and 27th • 12-4 p.m.

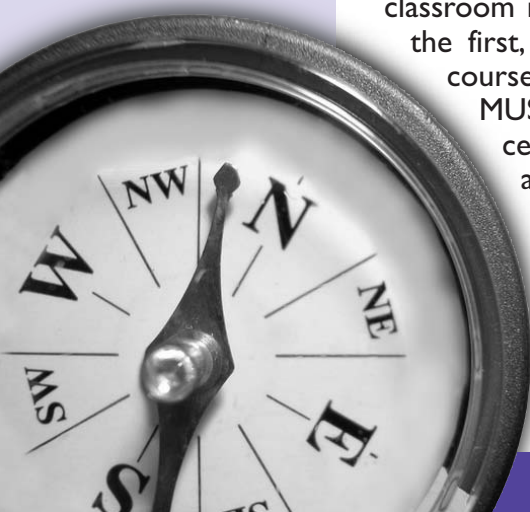
At the Needham Senior Center

Fee for the two-day course is \$10.00

With NEW materials we will again offer this 8 hour, classroom refresher course developed by AARP and it is the first, most recognized, comprehensive, nationwide course created especially for older drivers. Students MUST attend both sessions in order to receive a certificate of completion. This course teaches you about the normal, age-related changes that interfere with vision, hearing, and physical strength that typically influence driving ability and attitudes. Cost is \$10 per person, payable to AARP, and is due at the first class. This class will be limited in size, so please call 781-455-7555.

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SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM



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ON AGING
Needham

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**The mission of The
Needham Council on
Aging is to respond to
its older residents'
needs by providing a
welcoming, inclusive,
and secure environment
where individuals and
families benefit from
programs, services and
resources that enhance
their quality of life and
provide opportunities
for growth.**

DEAR FRIENDS,

The old saying, "I have good news and I have bad news" is appropriate this month. The bad news is that I have reluctantly accepted the resignation of Mary O'Connor from the Friends Board. Mary has been a huge asset to the Friends and we will miss her. She has run the Gift Boutique for many years and coordinates the sales at the Center on election days. The proceeds from these efforts go to the Friends to help support the many programs of the Council on Aging. Mary was also on the Decorating Committee for the Senior Center and is responsible for the lovely pictures that are on the walls, as well as many of her personal touches that you will find throughout the center. She promises to continue with all that she does and will remain a strong member of the Friends. Thank you for everything, Mary.

The good news is that the board enthusiastically welcomes Isabelle Avedikian as a new member. Isabelle is a long time Needham resident and she is looking forward to working with the Friends Board.

On behalf of the entire Friends Board, have a very Happy Thanksgiving!

Michael

Michael C. Tow, President
The Friends of Needham Elderly
617-734-4400
www.newbostonfinancial.com

DEAR FRIENDS,

With the holiday season approaching I have been feeling particularly introspective. One thing I have been especially focused on is how lucky I am to have the opportunity to work in the Town of Needham doing work I am proud to do. My thoughts have also been directed to the people I have the privilege to work with. The Needham Council on Aging is extremely fortunate to have the caliber of hard working professionals and volunteers on its team. These folks enable the department to fulfill its mission by providing programs and services related to aging service issues to all residents. Last year alone this town department touched over 3,000 different individuals and I believe helped to enhance their lives. So during this season of "Thanksgiving" I too am giving thanks and wanted you to know.

Jamie

TRIPS

On **Thursday, November 8th**, we will be going to Lantana's in Randolph to see another current favorite that's been playing all over the country called "Zoot Suit Riot". Listed as an incredible musical with 8 very talented performers, they relive the old days of Zoot Suits, Sinatra, Vale and Clooney. This trip will include a full turkey dinner, and is \$59. Finally, on **December 6th** we are planning to attend a gala Holiday Party and Luncheon at Luciano's with lots of fun, a fabulous show and a Holiday Gift. This trip will cost \$59. Please, bring a friend and sign up Early.

SHINE UPDATE

MEDICARE ANNUAL OPEN ENROLLMENT

November 15 – December 31

1. Medicare Prescription Drug Plans (Part D Plans) will be open for enrollment between November 15 and December 31, effective January 2008. If you don't have prescription drug coverage, you can join a plan during this time (a penalty may apply). If you have limited income and assets, there is federal assistance to help pay for your Medicare Part D costs.

If you currently have prescription drug coverage, you can change plans at this time. In October, you should have received information about any changes to your plan for next year. **The plan you have now may not be the best plan for you in 2008.**

2. Prescription Advantage, the state prescription assistance program, is currently open for enrollment. This program helps pay your Part D plan (or other "creditable" drug plan) costs. If you join Prescription Advantage, there is no monthly premium and based upon your income, you can save money on your Part D premium, deductible and co-payments. For most people, it also provides coverage in the GAP.

3. Medicare Advantage Plans will be open for enrollment between November 15 and December 31, effective January 2008. Many Medicare Advantage Plans are also changing in 2008. Your plan should have notified you in October of any changes for next year. If you have been satisfied with your plan and it is not changing significantly, you may want to keep it. However, if you have been unhappy or your plan is changing in a major way, you may want to consider all your options.

If you need help with any aspect of your health insurance, **SHINE** offers free confidential counseling at your Senior Center. Call and ask for a SHINE appointment. You can reach a SHINE volunteer by calling 1-800-AGE-INFO, then pressing or saying 2. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

MONDAY'S LUNCH BUNCH

Due to the increased interest in our LUNCH BUNCH program, please be sure to SIGN UP in advance by calling 781-455-7555.

Meet at the Senior Center at 11:30am. Board our Van and take a ride to:

Monday, November 5 – TGI Fridays, Dedham

Monday, November 12 – Center Closed in observance of Veteran's Day

Monday, November 19 – Aegan, Framingham

Monday, November 26 – Finz, Dedham

You will pay the driver \$5.00 and also the cost of your meal. Enjoy!!

GET THE NEWS FIRST!

Join our E-mail list

Save paper and receive the *Compass* monthly via e-mail.

To add your name to our growing list,
simply e-mail us at: Seniorcenter@town.needham.ma.us

RESOURCES AROUND TOWN

NOVEMBER KEEP WELL CLINICS

The Keep Well Clinics, staffed by nurses from the VNA Care Network, Inc. and the Needham Board of Health, meet on Wednesdays at the following locations:

November 7th • 10:30-12:00 pm
Seabed's Way Community Room

November 7th and 21st
9:00 am-12:00 pm
Senior Center

November 28th
10:30 am-12:00 pm
Linden & Chambers
Community Room

On a weekly basis: Monday-Thursday 8-9:30 am at The Needham Health department located at the Needham town hall. For further information call, (781) 455-7523.

THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the Elder Abuse Hotline at 1-800-922-2275. For more info. call the Needham COA at 455-7555.

FRIENDS OF THE NEEDHAM ELDERLY

The Friends of the Needham Elderly, Inc. would like to thank the following individuals, who have made monetary donations above and beyond membership dues. Your generosity is truly appreciated.

GENERAL DONATIONS

- Vincent and Mary Nuccio
- Mr. and Mrs. Edward Pelletier
- Mrs. George Shannon

MEMORIAL DONATIONS

- Helen Marsman in Memory of Hank Marsman

PROGRAMS AND CLASSES, FALL 2007

To register call the Needham Senior Center
at 781-455-7555.

POPULAR MUSIC GIANTS

At the Needham Senior Center

GEORGE GERSHWIN

Monday, November 26th • 1:30 – 2:30 pm

This month Stanley Macht will discuss the life and works of George Gershwin interweaving the program with live music. Mr. Macht is a pianist-musicologist. Stanley, thank you for making this program possible! Fee for this program is \$4.00.

RODGERS AND HAMMERSTEIN

Monday, December 3rd • 1:30 – 2:30 pm

Come and celebrate the music of Rodgers and Hammerstein. Ms. Ruth Harcovitz, a soprano will perform with a piano accompanist. She will intersperse her performance with stories about the creation of the following musicals, "Oklahoma", "South Pacific", "The King and I", and others. This program is partially funded by the Needham Cultural Council. Fee for this program is \$4.00.

ART APPRECIATION

At the Needham Senior Center

WINSLOW HOMER

November 19th • 1:30 – 2:30 pm

Winslow Homer got his start by illustrating scenes from the Civil War for Harper's Magazine. He documented post war, rural and later dramatically explored man's relationship to nature. He was one of the greatest watercolor painters and was profoundly influential. Join us for an up-close look at the work of one of America's most beloved painters. Presented by Art Matters. Fee for this program is \$4.00.

LITERATURE

At the Needham Senior Center

"HAVING OUR SAY"

November 5th • 10:30 – 11:30 am

Please join Needham residents and anthropology professors Sarah Lamb (Brandeis University) and Caitrin Lynch (Olin College) for a discussion of the acclaimed memoir entitled Having Our Say: The Delany Sisters' First 100 Years. In this book, two sisters, aged 101 and 103, reflect on their lives that spanned the entire 20th century. Discussion will include their views on topics such as Jim Crow and civil rights, women's rights and women's professional work, family life and growing older. The program will include clips from a video of the Delany sisters. Fee for this program is \$4.00.

Although most of our programs are free, some programs have fees in an effort to meet the overall expenses for all programs. Please note, that if you cannot afford a class, we will make every effort to offer scholarships.

WALKING CLUB AND WALKING PALS PROGRAM

WALKING CLUB – If you walk 2-4 miles, a couple days of the week then this walking club is for you. Our walks are designed to offer variety. You will have an opportunity to walk with other walking clubs. We will also explore trails outside the local area, offering transportation via our van.

WALKING PALS NEW PROGRAM – Would you like to have company on your walks? We will match you with two others who walk your pace and coincide with your schedule.

Please call Sherry at the Needham Senior Center for more details at (781) 455-7555.

SPANISH, BASIC LEVEL

Tuesdays • 9:00 - 10:00 am

At the Needham Senior Center

This class is for those who have little or no previous experience with the Spanish language. The class is instructional and conversational. This class guarantees to give you the tools to learn Spanish and also proves to be great fun for all. Thank you Rosa for taking time out of your busy schedule to volunteer/teach at the COA. There is no fee for this class.

BEGINNER MAH JONG CLASS

Are you interested in learning Mah Jong? After four sessions you will know if Mah Jong is for you. Mah Jong involves playing with tiles and the class is taught by an experienced teacher. A modest fee of \$16 for all 4 sessions is due on the first class. For dates and times of classes call the Needham Senior Center at 455-7555

THE PEOPLE OF LIMA PERU

Monday, November 19th • 12:30 - 1:30 pm

At the Needham Senior Center

We have invited Father Patrick Armano to speak about last year's trip that the St. Joseph's Parish Youth took to help a poor village in Lima Peru. For nine days, the youth, accompanied by adult chaperones, refurbished a preschool, and created a playground for the children. Needham seniors among others helped the children and families in Peru by making small care packages.

100 SMALL GIFTS, 1000 SMILES

Wednesday, November 28th drop off from 10:00 – 11:30 am

At the Needham Senior Center

If you would like to donate any or all of the following items on the list, please drop off items on November 28th from 10:00 - 11:30 am at the Needham Senior Center. Your generosity will be reflected in the joy such a small gift means to a poor child.

Items Needed to Make Small Gift Packages: Small Kleenex Packages • Beaded Necklaces (Beaded only please) • Small Colored Scarf or Handkerchief • Small Toy and/or Little Doll (Smaller than 6 inches) • Small set of Colored Pencils and Crayons • Small Comb, Toothbrush, Soap etc.

BETTER BALANCE CLASS, NEW SESSION

8-weeks, Wednesdays • 2:30 - 3:30 pm

November 14 - January 16

Call the Needham Senior Center for Class Dates

Have fun while learning to improve your balance and prevent falls. Using balls, bands and weights this class will help improve your balance, posture, flexibility, strength and endurance and decrease stress. Cost of the class is \$40.00. To sign-up please call the Senior Center at (781) 455-7555.

BOUTIQUE NEWS

Since there is no election scheduled for November we won't be having a Bake and Craft Sale on a specific day. Instead "treasures" will be for sale throughout November and December. A few requests... ribbon, fiberfill, gift bags, and empty bubble knee-high containers (for snow people!). Also a reminder... items for re-gifting sales should always be NEW! Thank you for your support. The Boutique Committee

MONDAY MORNING STARS

Senior Ladies Candlepin Bowling – Mondays at 9:45 am

Weekly attendance not required, just come when you have time. No teams, non competitive, good exercise and enjoyment. Friendly group and newcomers always welcome. If interested, come to the Needham Bowlway, Chestnut Street any Monday morning.

POOL AND PING PONG

At the Needham Senior Center

**Two Day Pool Tournament
Monday and Wednesday
9am-4pm**

November 26 and 28, 2007

At the Needham Senior Center

A simple 8-ball pool tournament at the Needham Senior Center. To sign-up call (781) 455-7555.

Drop In Pool Hours

Monday • 9:00 am - 4:00 pm

except November 26th

Tuesday and Thursday

9:00 am - 12:00 pm

Wednesday • 9:00 am - 4:00 pm

except November 28th

Friday 9:00 am - 4:00 pm

Ping Pong Hours

Tuesday and Thursday

12:15 pm - 4:00 pm

MOVIES AT THE NEEDHAM SENIOR CENTER AT 1:00 PM

November 2nd

Letter to Three Wives

November 5th

Singing in the Rain

November 16th

Akeelah and the Bee

November 23rd

A Tight Little Island

November 30th

Oceans Eleven

DID YOU KNOW?

**THE SENIOR CENTER
HAS A VISION MACHINE.**

You'll love our latest low vision aid. To help you read fine print on medicine labels, food packages, contracts or even read what you are writing. For further details contact the outreach department at 781-455-7555 or visit the center.

SUPPORT GROUPS

CAREGIVER SUPPORT GROUP

Call for dates and times

At the Needham Senior Center

This group is for anyone providing care and assistance to a parent, spouse or friend. You are not alone. Come meet with others, share ideas and give support to one another. For date and time call LaTanya Steele, Social Worker, (781) 455-7555 ext. 208

LOW VISION SUPPORT GROUP

November 16th • 10:00 am

At the Needham Senior Center

The Low Vision support group meets at the Needham Senior Center on the 3rd Friday of every month. The group provides an opportunity for newly blind and visually impaired persons to come together to discuss issues relating to their vision loss. The group addresses topics about how to use specialized equipment in the home or on the job; how to maintain independence, aging and vision loss, or the effects of vision loss on family and friends. If you need a ride call the Senior Center, (781) 455-7555.

VOLUNTEERS...

YOU ARE THE KEY TO OUR SUCCESS.

Thank you for making a difference. The time, effort, and talents given so generously to the COA are greatly appreciated.

On September 19, 2007, 130 people, ranging in age from 8 to 98 years of age, attended our annual Volunteer Appreciation Luncheon. Everyone enjoyed lunch, which was made possible in partnership with Panera Bread and Sudbury Farms both of Needham, and being entertained by Stanly Macht and vocalist. Staff and friends took pleasure in serving the volunteers who contribute so much to the COA.

Senator Scott Brown and State Representative Harkins kindly recognized every volunteer with a Certificate of Achievement.

Anyone who received an invitation to the Appreciation Luncheon and was not able to attend, please stop by the Senior Center to pick up a packet presented to each volunteer.

VOLUNTEERS SOUGHT:

1. You know those nifty File of Life holders each senior should have? We need assistance assembling them. The demand in our town is so great for these helpful resources that 1000 a month have been requested.
2. On a daily basis from 3:30pm to 4:30pm a volunteer is needed to help clean up and close up the senior center.

Please contact Penny Gordon at 781-455-7555

THE SONGSTERS NEED YOU!

The Needham Songsters have been entertaining at the Needham Senior Center and at special events around town for many years, and are now looking to expand the group. If you can read music and enjoy singing, your talents are needed. Men and women are welcome. For more information, call Jeanne Blakeny at 781-455-7555.

NEWSLETTER, COMPASS LABELING AND COLLATING

Tuesday, November 20th • 9:15 am

At the Needham Senior Center

Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing!

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NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALENDAR OF PROGRAMS AND EVENTS Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 • 781-455-7555 www.town.needham.ma.us Offsite Locations of Programs #1 Charles River YMCA • 380 Chestnut Street #2 Needham Public Library • 1139 Highland Avenue #3 Avery Crossings Assisted Living • 110 West Street Please Note: Items in bold indicate that sign-up is required.			1 10:00 Knitting 10:00 Piano Lessons 10:00 Whist 11:45 Lunch: Baked Ham or Turkey and Cheese Sandwich 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Mens 2:00 Ballroom Dancing #1	2 9:15 Quilting 10:30 Exercise 11:00 Walking Club 11:45 Lunch: Vegetable Cheese Quiche or Chicken Salad 12:00 Computer Lessons 1:00 Board Games 1:00 Bridge – Mens 1:00 Movie: A Letter to Three Wives 1:30 Canasta
5 9:00 Tai Chi Class 10:00 Walking Club – Wellesley 10:30 Literature: Having Our Say 11:30 Monday Lunch Bunch 11:45 Lunch: Fish or Breaded Chicken Patty 1:00 Bridge – Mens 1:15 Movie: Singing in the Rain 7:00 A Caregiver's Guide #2	6 9:15 Yoga 9:15 Bridge – Womens 10:30 Current Events 11:45 Lunch: Chicken Parmesan or Tuna Salad Sandwich 12:30 Ping Pong 1:00 Bridge – Mens 1:00 Legal Series: Planning Ahead 1:30 Cribbage – Womens'	7 9:00 Exercise 9:00 Watercolor Paint Class #3 9:00 Wellness Clinic 10:00 Hearts Card Game 10:30 Songsters 11:45 Lunch: Hot Dog or Roast Beef and Cheese Sandwich 1:00 Bridge – Mens 2:30 Better Balance	8 10:00 Knitting 10:00 Piano Lessons 10:00 Whist 11:45 Lunch: Pot Roast or Ham and Cheese Sandwich 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Mens 2:00 Ballroom Dancing #1 Trip – Zoot Suit Riot	9 9:15 Quilting 10:30 Exercise 11:00 Walking Club 11:45 Lunch: Cheese Lasagna or Turkey Salad Sandwich 12:00 Computer Lessons 1:00 Bridge – Mens 1:30 Entertainment Live: The Home Front
12 SENIOR CENTER IS CLOSED IN OBSERVANCE OF VETERAN'S DAY	13 9:00 Spanish Class 9:15 Yoga 9:15 Bridge – Womens 10:00 Memory Screening 10:30 Creative Writing Group 11:45 Lunch: Stuffed Cabbage or Roast Beef and Cheese Sandwich 12:30 Ping Pong 1:00 Bridge – Mens 1:00 Legal Series: Wills, Trusts and Probate 1:30 Cribbage – Womens'	14 9:00 Exercise 9:00 Watercolor Paint Class #3 10:00 Hearts Card Game 10:30 Songsters 11:45 Lunch: Lemon Pepper Fish or Chicken Salad Sandwich 1:00 Bridge – Mens 2:30 Better Balance 3:00 Meet the Experts	15 10:00 Knitting 10:00 Piano Lessons 10:00 Whist 11:45 Lunch: Thanksgiving Special – Gravy over Roast Turkey, stuffing, mashed potatoes, peas and onions, cranberry sauce, hot apple cider and Apple Pie 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Mens 2:00 Ballroom Dancing #1	16 9:15 Quilting 10:00 Low Vision 10:30 Exercise 11:45 Lunch: Meatloaf or Egg Salad Sandwich 12:00 Computer Lessons 1:00 Board Games 1:00 Bridge – Mens 1:30 Movie: Akeelah and the Bee 1:30 Canasta
19 9:00 Tai Chi Class 10:00 Walking Club – Wellesley 11:30 Monday Lunch Bunch 11:45 Lunch: Roast Pork or Chicken Salad 12:30 Lima Peru with Fr. Armano 1:00 Bridge – Mens 1:30 Art Appreciation: Winslow Homer	20 9:00 Spanish Class 9:15 Compass Collating 9:15 Yoga 9:15 Bridge – Womens 10:30 Current Events 11:45 Lunch: Cranberry Chicken or Egg Salad Sandwich 12:30 Ping Pong 1:00 Bridge – Mens 1:00 Legal Series: Paying for Long Term Care 1:30 Cribbage – Womens'	21 9:00 Watercolor Paint Class #3 9:00 Wellness Clinic 10:00 Hearts Card Game 10:30 Songsters 11:45 Lunch: Beef Burgundy or Ham and Cheese Sandwich 1:00 Bridge – Mens 2:30 Better Balance	22 10:00 Knitting 10:00 Piano Lessons 10:00 Whist 11:45 Lunch: 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Mens 2:00 Ballroom Dancing #1	23 9:15 Quilting 11:00 Walking Club 11:45 Lunch: Stuffed Shells or Tuna Salad on lettuce 12:00 Computer Lessons 1:00 Board Games 1:00 Bridge – Mens 1:30 Movie: A Tight Little Island 1:30 Canasta
26 9:00 Tai Chi Class 9:00 Pool Tournament 10:00 Walking Club – Wellesley 11:30 Monday Lunch Bunch 11:45 Lunch: Beef Stew or Breaded Chicken Patty 12:00 AARP Driving Program 1:00 Bridge – Mens 1:30 Music Giants: George Gershwin 3:00 Getting Started Alzheimer's Association #2	27 9:00 Spanish Class 9:15 Yoga 9:15 Bridge – Womens 10:30 Creative Writing Group 11:45 Lunch: Chicken Cacciatore or Tuna Salad over mixed greens 12:00 AARP Driving Program 12:30 Ping Pong 1:00 Bridge – Mens 1:30 Cribbage – Womens'	28 9:00 Exercise 9:00 Pool Tournament 10:00 Lima Peru Items Drop Off 10:00 Hearts Card Game 10:30 Songsters 11:45 Lunch: Chicken Kielbasa or Turkey Sandwich 1:00 Bridge – Mens 2:30 Better Balance	29 10:00 Knitting 10:00 Piano Lessons 10:00 Whist 11:45 Lunch: Fish Florentine or Roast Beef and Cheese Sandwich 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Mens 2:00 Ballroom Dancing #1	30 9:15 Quilting 10:30 Exercise 11:00 Walking Club 11:45 Lunch: Turkey ala King or Seafood Salad Sandwich 12:00 Computer Lessons 1:00 Board Games 1:00 Bridge – Mens 1:30 Movie: Oceans Thirteen 1:30 Canasta

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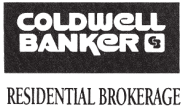
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Mary Elizabeth Weadock

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Read this newsletter in your choice of easy-to-read formats.

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NEEDHAM ELDERLY, INC.**

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